

KETO

KETO PANTRY ESSENTIALS

————— Stock your pantry with ease! —————
Keep these items on hand for simple meals ...

- Almond Flour
- Artichoke Hearts
- Bone Broth
- Cacao Powder
- Chia Seeds
- Coconut Flour
- Flax Seeds (Ground or whole)
- Ghee
- Low-carb Soup
- Low-carb Tortillas
- Mayonnaise
- MCT Oil
- Monk Fruit Sweetener
- Mustard
- Non-dairy Milk
- Nut Butter
- Nutritional Yeast
- Nuts
- Olive Oil
- Olives
- Pesto
- Protein Powder
- Reduced-sugar Salad Dressing
- Soy Sauce
- Spices
- Tahini

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